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INSTRUCTIONS

SIDE PLANK ABDUCTION

CATEGORIES: Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/side-plank-abduction/>

Abs

Core

Glutes

Hip Flexors

Jumps and Leaps

Kicks

Leaps

Lower Body



STEPS:

- Start with a band wrapped around the top your quads
- Press into a side plank on your left side, feet stacked on top of each other.
- Keeping your hips pressed toward the ceiling, lift your right foot away from your left.
- Keeping tension in the band, pulse your right foot away from your left 4 times.
- Pause in your side plank for 5-10 seconds.

Repeat 2 more times before switching sides.

[-] Remove the band.